



**FREE
E-BOOK**

SWEETIE
Brownie

**HISTORY OF
BROWNIE
&
RECIPE**



BROWNIE SWEET

WHAT IS BROWNIE?

A BROWNIE IS A DENSE CHOCOLATE-FLAVOURED BAKED GOOD TRADITIONALLY SERVED IN SMALL SQUARES. BROWNIES OFTEN CONTAIN INGREDIENTS LIKE NUTS OR EXTRACTS TO GIVE THEM A DISTINCT FLAVOUR OTHER THAN PURE CHOCOLATE. EITHER WAY, THEY ARE IDEALLY CRUNCHY ON THE OUTSIDE AND GOOEY ON THE INSIDE.



WHERE DID BROWNIES COME FROM?

THE FIRST BROWNIES WERE MADE BY THE CHEFS AT CHICAGO'S PALMER HOTEL IN 1893. THE WORLD COLUMBIAN EXPOSITION WAS HELD IN CHICAGO THAT YEAR, AND THE PEOPLE RUNNING IT ASKED THE CHEFS TO CREATE AN ALL-NEW BAKED GOOD RECIPE TO INCLUDE IN THE BOXED LUNCHES SOLD AT THE FAIR'S WOMEN'S PAVILLION. MORE SPECIFICALLY, THEY ASKED THE HOTEL CHEFS TO COME UP WITH SOMETHING SMALL THAT COULD BE PICKED UP AND EATEN WITHOUT A FORK... BUT, OF COURSE, WOULD STILL PACK A LOT OF FLAVOURS. THE FIRST BROWNIE WAS MADE WITH WALNUTS INSIDE AND AN APRICOT GLAZE ON TOP.



WHY IS A BROWNIE CALLED A BROWNIE?

SINCE
1986

THOSE FIRST BROWNIES MADE FOR THE 1893 EXPOSITION WERE NOT ACTUALLY CALLED BROWNIES AT THE TIME. THE NAME ORIGINATED SHORTLY AFTER, THOUGH, FROM AN UNKNOWN SOURCE. OBVIOUSLY, BROWNIES ARE BROWN. AND THERE WAS A TREND AT THE TIME OF ADDING "IE" TO THE END OF A WORD TO REFER TO A SMALL, CUTE VERSION OF THAT WORD. HENCE, BROWN-IE.

BROWNIE FUN FACT

1. BROWNIES HAVE TWO OF THEIR OWN HOLIDAYS. NATIONAL BROWNIE DAY IS ON DECEMBER 8 AND NATIONAL HAVE A BROWNIE DAY IS ON FEBRUARY 10. I'M NOT CLEAR ON THE DIFFERENCE, BUT I GUESS ONE IS FOR MAKING YOUR OWN BROWNIES AND THE OTHER IS MORE ABOUT GETTING THEM FROM SOMEONE ELSE?



2. A BROWNIE IS A MYTHICAL CREATURE IN SCOTTISH FOLKLORE. BROWNIES SUPPOSEDLY COME OUT AT NIGHT AND PERFORM VARIOUS HOUSEHOLD CHORES. WHO NEEDS ROOMBA WHEN YOU'VE GOT BROWNIES?



3. WALNUTS ARE THE MOST POPULAR BROWNIE MIX-IN. ADDING WALNUTS GIVES BROWNIES A PLEASING CRUNCH THAT OTHER POPULAR MIX-INS LIKE CHOCOLATE CHIPS JUST DON'T. WALNUTS ARE ALSO HEALTHY.



4. BROWNIES FIRST APPEARED IN PRINTED COOKBOOKS IN 1904. ALTHOUGH THEY WERE INVENTED OVER A DECADE EARLIER AND WERE A BIG HIT AT 1893'S WORLD COLUMBIAN EXPOSITION IN CHICAGO, IT TOOK SOME TIME FOR THEM TO MAKE IT TO KITCHENS ACROSS THE COUNTRY.

1904





RECIPE

FUDGY COOKIES AND CREAM BROWNIES

DESCRIPTION

MY FUDGY COOKIES AND CREAM BROWNIES HAVE THE BEST OREO FLAVOUR AND WERE A HUGE HIT WHEN I MADE THEM. THESE RICH BROWNIES ARE TOPPED WITH AN OREO-FILLED WHITE CHOCOLATE TOPPING, AND THEY'RE SIMPLE TO PREPARE!

INGREDIENTS

OREO BROWNIE LAYER

.3/4 CUP (168G) UNSALTED BUTTER



2 OZ SEMI-SWEET CHOCOLATE, COARSELY CHOPPED



.2 CUPS (414G) SUGAR



.2 TSP VANILLA EXTRACT



.3 LARGE EGGS, ROOM TEMPERATURE



.1 TSP SALT



.1 CUP (130G) ALL-PURPOSE FLOUR



.2 CUPS (153G) CHOPPED OREOS (ABOUT 13-14 OREOS)



1 CUP (114G) HERSHEY'S SPECIAL DARK COCOA POWDER OR NATURAL UNSWEETENED COCOA POWDER





RECIPE

FUDGY COOKIES AND CREAM BROWNIES

INGREDIENTS

COOKIES AND CREAM LAYER

12 OZ (ABOUT 2 CUPS) WHITE CHOCOLATE CHIPS



6 TBSP (90ML) HEAVY WHIPPING CREAM



3 1/2 TBSP (26G) POWDERED SUGAR



1 3/4 CUPS (138G) CHOPPED OREOS (12 OREOS)



TO BE CONTINUE

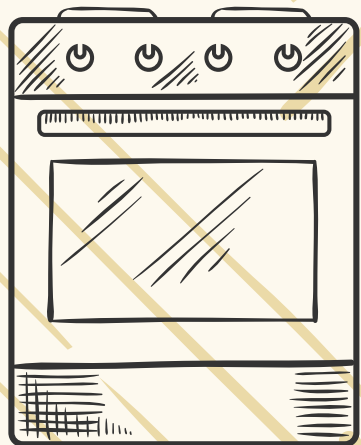




RECIPE

FUDGY COOKIES AND CREAM BROWNIES

INSTRUCTIONS



1. PREHEAT THE OVEN TO 350 DEGREES. GREASE A 9×13 INCH PAN OR LINE IT WITH PARCHMENT PAPER THAT STICKS UP ABOVE THE SIDES, WHICH CAN BE USED TO LIFT THE FINISHED BROWNIES OUT OF THE PAN AND MAKE CUTTING EASIER. SET PAN ASIDE.



2. COMBINE THE BUTTER AND CHOCOLATE IN A MICROWAVE-SAFE BOWL AND HEAT IN 20-30 SECOND INCREMENTS, STIRRING WELL AFTER EACH, UNTIL MELTED AND SMOOTH.



3. ADD THE SUGAR AND WHISK UNTIL COMBINED.



4. ADD THE EGGS AND VANILLA EXTRACT AND WHISK TOGETHER TO COMBINE.



5. ADD THE COCOA, FLOUR AND SALT AND STIR WITH A RUBBER OR WOODEN SPATULA UNTIL WELL COMBINED. BATTER WILL BE VERY THICK.



6. STIR IN THE CHOPPED OREOS.





RECIPE

FUDGY COOKIES AND CREAM BROWNIES

INSTRUCTIONS

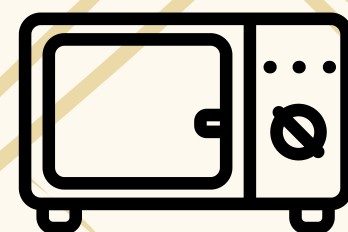
7. SPREAD THE BATTER EVENLY INTO THE PREPARED PAN, THEN BAKE FOR 25-30 MINUTES. TO TEST THE BROWNIES FOR BEING DONE, INSERT A TOOTHPICK INTO THE CENTRE. IF IT COMES OUT WITH JUST A FEW MOIST CRUMBS, THEY'RE DONE.



8. SET THE BROWNIES ASIDE TO COOL. WHEN MOSTLY COOL, MAKE THE COOKIES AND CREAM LAYER.



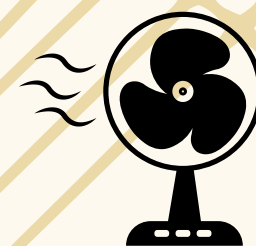
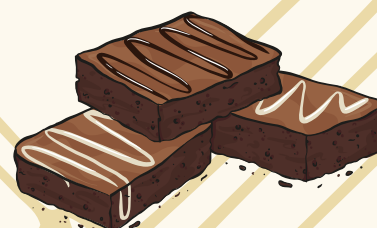
9. ADD THE WHITE CHOCOLATE CHIPS AND HEAVY WHIPPING CREAM TO A LARGE MICROWAVE SAFE BOWL AND HEAT IN 20-30 SECOND INCREMENTS, STIRRING WELL AFTER EACH, UNTIL MELTED AND SMOOTH. THE MIXTURE WILL BE THICK.



10. STIR IN THE POWDERED SUGAR AND CHOPPED OREOS, THEN SPREAD EVENLY ON TOP OF THE BROWNIES. THE MIXTURE WILL BE THICK, JUST USE YOUR SPATULA TO HELP SPREAD IT.



11. ALLOW THE BROWNIES TO COOL COMPLETELY, THEN CUT INTO SQUARES. THE COOKIES AND CREAM LAYER WILL BE QUITE FIRM TO THE TOUCH, BUT GREAT ON TOP OF THE BROWNIES.



12. STORE THE LEFTOVER BROWNIES IN AN AIRTIGHT CONTAINER AT ROOM TEMPERATURE FOR UP TO A WEEK.





RECIPE

FUDGY COOKIES AND CREAM BROWNIES

THE OUTCOME

